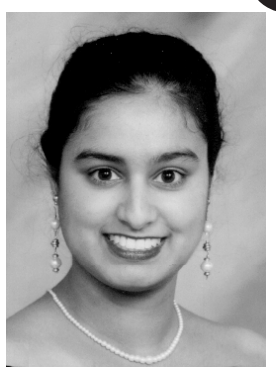
YOUR LINK TO QUALITY HEALTHCARE

Varsha Salani, D.M.D., LLC

State of the Art Dentistry

Emphasizing Cosmetics in a Therapeutic Environment



Don't wait any longer.
Call for an appointment today

Let us show you what our all female state-of-the-art cosmetic dentistry can do for you.

- Whitening - Smile Design
- Painless Gentle Dentistry

Come see us at our new location!
185 Maple Ave., North Haven, CT

Varsha Salani, D.M.D., LLC
(203) 234-1901

North Haven Senior Center

189 Pool Rd., North Haven
Hours: 8:00am-4:00pm
Phone: (203) 239-5432

The following programs are held at the North Haven Senior Center. For information and to register for programs, call (203) 239-5432 or stop by the office. View the newsletter online at www.town.northhaven.ct.us.

November 23-27

Mon., 11/23: 9:30am: Fitness Fun; **10am:** Canasta, Chess; **11am:** *Just Move!* **1pm:** Bingo.
Tues., 11/24: 9:30am: *Functional Fitness;* **10am:** Rummikub, Wii Bowling; **12pm:** *Oil Painting;* **1pm:** *Thanksgiving Bingo,* Mah Jongg.
Wed., 11/25: 9:30am: Fitness Fun; **11am:** Diamond Art, Cardio Drumming; **12:30pm:** Bridge; **1pm:** Bingo.
Thurs., 11/26 & Fri., 11/27: *Senior Center Closed. Thanksgiving Holiday.*

Programs/Activities

North Haven Senior Center Holiday Schedule: Wed., Nov. 25 - Senior Center Closing at 3pm; **Thurs., Nov. 26 -** Senior Center Closed; **Fri., Nov. 27-** Senior Center Closed; **Mon., Nov. 30 -** NO TRANSPORTATION.

Trees of Hope & Lunch at Olive Garden: Tues., Dec. 8 at **10:30am.** Join us to visit Trees of Hope, located at the Maritime Center, 555 Long Wharf Drive in New Haven. This event, which supports the Ronald McDonald House of CT, features over 150 beautiful holiday displays donated and sponsored by individuals, local business, and community organizations. We will depart the Senior Center at 10am. ***Those who do not drive will get first priority for taking the senior bus.*** We will meet at the Trees of Hope at 10:30am and depart at 12pm. On the way back, we will stop at Olive Garden for lunch. Lunch is pay on your own. Space is limited. Please stop by the office to register or call (203) 239-5432.

Senior to Senior Breakfast: Wed., Dec. 9, 8am-9:30am. All North Haven seniors are invited to the FREE Annual Senior to Senior Breakfast held at the North Haven High School. Enjoy delicious homemade breakfast treats, baked by the Culinary Department, and meet and greet the seniors of NHHS. Members can drive on their own for this event. No registration required.

Christmas Bingo: Thurs., December 17 at **1pm.** Come enjoy bingo with some holiday flair! Instead of numbers, there is a holiday theme to each card and item called. All other bingo rules remain the same. You will have a chance to win holiday inspired prizes. Registration is now underway for Residents, Non-Residents may register beginning 11/30 (pending availability). No cost to play! ***Registration ends 12/11.*** Register on the program sign-up board or call (203) 239-5432 for more information.

AARP Smart Drivers - Last Class of 2026! Fri., December 18 from **8:15am-12:15pm.** The AARP Smart Drivers course is the nation's first refresher course specifically designed for drivers 50 years old and up. Cost is $20 for AARP members, $25 for non-AARP members. Payment due day of class. Check or money order ONLY, payable to AARP. Pre-registration is required. Call (203) 239-5432 for more information or to register.

Cookie Decorating: Wed., December 21 at **10:30am.** Our friends from Montowese Health and Rehabilitation Center return for this event that is sure to get you in the holiday spirit. Try your hand at decorating holiday sugar cookies! Event is FREE. Residents may register beginning 11/30, Non-Residents may register beginning 12/7 (pending availability). ***Registration ends 12/16.*** Register on the program sign-up board or call (203) 239-5432 for more information.

Health & Fitness:

Just Move: Mondays, 11am. Starting Jan. 4 - March 29, 2027. (No class on 1/8 or 2/15). A mostly seated workout featuring low-impact moves to fun and upbeat music designed to improve circulation, endurance, and energy. Moves will combine rhythmic arm and leg patterns, light cardio sequences, and conclude with a cool-down of gentle stretches and breathing exercises. Payable by cash or check to Treasurer, Town of North Haven. Cost is $15 for Residents, $25 for Non-Residents. Residents may register beginning 11/30, Non-Resident registration begins 12/14. ***Registration ends 12/30.*** Call (203) 239-5432.

Tai Ji Quan - Moving for Better Balance: Tuesdays and Thursdays, Jan. 5 - June 17, 2027. This research- based balance training regimen is designed for older adults at risk of falling and people with balance disorders. This 24-week program is being offered for FREE thanks to a sponsorship from Connecticut Community Care and the Connecticut Age Well Collaborative. Space is limited. We ask that those who sign-up commit to all 24 weeks of classes. Stop by the office or call (203) 239-5432 for more information or to register. Residents may register beginning 12/7, Non-Residents may register beginning 12/21. ***Registration ends 12/30.***

Silver Sneakers Circuit: Thursdays, 11:15am-12pm. Registration for the January session begins Dec. 3 for Residents. Non-Residents may register beginning Dec. 17. Interval-style training, designed to strengthen your upper-body with handheld weights. Low-impact cardio movements are alternated to maximized fitness benefits. A chair is offered for support. Cost is free for Silver Sneakers members (card/number must be provided) or $2 per class (cash) for those who do not participate in Silver Sneakers. ***Classes will be held January 7, 14, 21 & 28.*** Call (203) 239-5432 for more information.

Wallingford Senior Center
(203) 265-7753

WEEKLY ACTIVITIES
NOVEMBER 23-30

Mon., 11/23: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.
Tues., 11/24: 9am: Billiards; **11am:** Bridge; **12:30pm:** Bingo; **1pm:** Mah Jongg, Quilting.
Wed., 11/25: 9am: Billiards, SetBack; **11am:** Shuffleboard; **12:30pm:** Dominoes, Prime Time Players.
Thurs., 11/26 & Fri., 11/27: *Senior Center Closed for Thanksgiving Holiday.*
Mon., 11/30: 9am: Billiards, Texas Hold'em; **12:30pm:** Harmonica Club; **12:45pm:** Nickel Nickel; **1pm:** Chess Club.

UPCOMING CLASSES OR GROUPS - NOVEMBER

Wed., 11/25: 1pm: Crafters Corner, Cribbage.
Fri., 11/27: *Closed.* *(Silver Steppers Tap Class, Senior Jammers - Cancelled.)*
Mon., 11/30: 10am: Canasta.

WANTED: Old watches- pocket watches, wrist watches, working or not, watch parts, tools, bands, chains & fobs; (203) 494-2496, Bill •

FOR SALE: Scotts 50 inch mower deck, 3-blade, exc. cond., good spindles, solid $75; (203) 214-5232

AARP Foundation Experience Corps Volunteers Needed!

Hamden: Experience Corps Volunteers - people age 50 and older - help children in kindergarten through third grade learn to read. By volunteering as a reading tutor, you can help change a child's future. You provide the life experience. We'll provide the training and support.

CT's *only* Experience Corps program is now hosted by your Interfaith Volunteers (IVCG). Free to schools and families, the literacy coaching through 3rd grade involves consistent volunteer generosity, providing trusted intergenerational sessions. Occuring in the school, these half-hour sessions twice each week build reading skills and social-emotional learning.

We elevate reading literacy along with senior wellness. Join us in community.

ExperienceCorps@CareNewHaven.org. (475) 257-6534; 212 Whitney Ave., Hamden. ECGNH.org.

FOR SALE: Paperback books: 5 Nora Roberts, 2 Danielle Steel $3 ea., good cond., call for titles, (203) 865-2795 •



SENIOR LIVING

ACCEPTING APPLICATIONS FOR

Studio Units $750
1 Bedroom Units $850
Includes All Utilities

Exciting Community Activities

Davenport Residence
125 Putnam Ave. Hamden
(203) 248-1445

Age and income limits apply
TRS message relay via CCC:
TRS (800) 842-9710

Equal Housing Opportunity

Hamden Woman's Club Wishes EVERYONE A Blessed Thanksgiving



Pictured: The HWC International Lunch Bunch gathered for A "FRIENDSGIVING" Luncheon on Tuesday, Nov. 18th at The Honey Baked Ham Company in Milford, CT.

Hamden: Everyone enjoyed a delicious assortment of food - their famous honey baked ham, turkey with all the "fixings", string bean casserole, potatoes, carrots, turkey sandwiches and chicken salad sandwiches and desserts, which were served buffet style. It was a lovely luncheon, celebrating the camaraderie and beautiful friendships that exist in our Hamden Woman's Club. We wish to thank Donna Cifaldi, Chairwoman of the International Affairs Committee, for arranging this fun event and ALL of the super lunches this year. Well done!

The Hamden Women's Club has a wonderful CHORAL GROUP, the GOLDEN BELLES, which has been practicing under the excellent direction of Carol Noble and Judy Bram, in preparation for several upcoming concerts at the Hamden Senior Center and at several local assisted living facilities. Everyone loves our group's music and lively skits as much as we enjoy spreading holiday cheer!

Our HWC is now collecting Gifts of Warmth (NEW gloves, mittens, scarves, socks) to decorate the annual Mitten Tree at the Miller Library. If you want to donate, please bring items to the library. Every donation is greatly appreciated.

Also, Are you thinking about Holiday gift giving? Our Rada Cutlery Fundraiser is ongoing and will continue all year through May. They are best known for their excellent qualty of their knives but they sell many more kitchen items/gadgets that make great gifts, and are tax deductible too! Browse through the catalog in the link of our website. Everything is made in the USA with a lifetime warranty since 1948! For more information , visit our website or please contact Sharon Welch, @ srwelch011@hotmail.com

A New Year is almost here! Are you perhaps thinking about joining an amazing social group that can make a positive and rewarding difference in your life? If so, please consider joining us - the Hamden Woman's Club, Inc., GFWC, Inc. The HWC is open to any area woman over eighteen years of age who would like to volunteer in the community, develop new friendships, and have fun at the same time! We are a civic, educational and social organization that was first organized 75 YEARS ago! Our Motto is "A Group that Cares and Shares" - which we demonstrate by our many charitable activities. We are a part of the largest volunteer organization in the world, and we continually develop new projects to improve the quality of life within our greater community.

The HWC also provides other enjoyable monthly social activities to our members: a unique Book Club that meets at a town diner, an International Lunch Bunch, and our evening group - "Dinner Divas". (We really enjoy eating out!). Everyone loves our seasonal choral group as well as our holiday parties & annual banquets, day trips, Military Whists, Bingo Nights, and Arts & Crafts. There is something for everybody.

The regular HWC meetings are held at 6:30pm on the first Wednesday of each month from September to June, at the Hamden Senior Center (located inside the rear entrance of the Miller Memorial Library). Our next meeting will be our annual Holiday Party on December 2, which will take place at Il Gusto Restaurant in Cheshire. After that, regular meetings resume on Wednesday, January 6, and VISITORS/NEW MEMBERS ARE MOST WELCOME to visit and learn more about our wonderful club! Please look at our new website to learn more about us and also see lots of fun photos of our awesome club! Website: https://www.hamdenwomansclub.org